

Japanese Tea Matcha

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Many Russians know about the beneficial properties of traditional green tea, which becomes more and more popular in our country every year. However few people know that there’s a sort of tea, which antioxidant activity is ten times as higher than the activity of other sorts of green tea.

Company “Natural Ingredients”, Russian expert in biochemistry, pharmacology and analysis of medical plants and natural compounds, presents the unique Japanese tea Matcha.

Matcha is an integral part of Japanese tea ceremony.

Numerous studies show that quantity of antioxidants in matcha is much higher in comparison with such famous in antioxidants products as grape and spinach. Matcha contains Epigallocatechin gallate in quantity (61 % of total catechins), which possesses apparent antioxidant and anticancer activity. Matcha also contains theanine, a specific amino acid, which is capable to increase the glial cells of the brain when taken with food. The unique combination of amino acids and caffeine in matcha has a beneficial effect on the nervous system, that’s why matcha and products containing this tea improve memory, attention concentration and restore nervous system after hard work.

Due to high concentration of chlorophyll matcha improves immunity, cardiovascular system functions, increases Hb formation and tolerance of organism. In comparison with other sorts of green teas it contains more vitamins (A, B1, B2, B6, C, E) and microelements (calcium, magnesium, zinc, iron, phosphorus and sodium).

The process of matcha production is time-and-labour-taking. The preparation of matcha starts several weeks before harvest, when the tea bushes are covered to prevent direct sunlight. This slows down growth, turns the leaves a darker shade of green and causes the production of amino acids that make the resulting tea sweeter. If the leaves are laid out flat to dry, they will crumble somewhat and become known as tencha.

Tencha can then be de-veined, de-stemmed, and stone ground to the fine, bright green, talc-like powder known as matcha. This tea is so rich in chlorophyll that its green color seems unnatural.

In addition to being drunk in the traditional manner, powdered matcha is used now in Japanese food industry as flavoring and an ingredient in such Japanese products as rice buns mochi, noodles soba, etc. Matcha is now a common ingredient in sweets. It is used in biscuits and wafers, chocolates, candy, desserts, such as cakes and pastries, cookies, pudding, mousse, and green tea ice cream. Matcha is added into dairy produce, yogurts as well as strong drinks, for example liquors.

This Japanese tea is also in great demand in the production of functional food (cereals, healthy breakfasts, candy sticks, etc.).

Company “Natural Ingredients” cooperates only with the leading matcha suppliers and presents tea of highest quality. Due to high quality Japanese tea matcha is recommended as functional component of healthy food products in the Russian market. “Our company constantly expands the range of the products offering new kinds of natural plant raw material, which is thoroughly examined” – says Natalia Buzdalina, General Director of the company “Natural Ingredients”. “We are sure that products containing matcha tea will soon be very popular among the domestic consumer. At present we see the growth of interest in a healthy life, which gives great opportunities for the Russian food manufacturers leading in quality and innovations”.

Company “Natural Ingredients” works in the Russian market for more than ten years. Besides quality product and excellent service we offer assistance in new original formulations development, consulting and development of technical specifications and standardization of herbal raw material.

*Table 1.***Tea Specification. Company “Natural Ingredients”**

Product	Brief specification
Green tea extract with caffeine or without caffeine	The product is standardized according to total polyphenols (20%, 30%, 40%, 50%, 60%, 70%, 80%, 90%), the sum of tea catechins may be from 10% to 90%. Caffeine content is from 5% to 10% or less than 0,5%
Green tea extract with caffeine content over 20%	Caffeine content is not less than 20%, polyphenols content is not less than 20%
Green tea EGCG	(-)-EGCg – Epigallocatechin gallate of green tea, content 60%, 70%, 80%, 90%, 99%
Black tea concentrates and extracts with caffeine or without caffeine	The product is standardized according to the total sum of polyphenols (20%, 30%, 40%, 50%, 60%) and caffeine from 5% to 10%, or less than 1%
White tea extract with caffeine or without caffeine	The product is standardized according to the total sum of polyphenols (from 20% to 60%) and caffeine from 5% to 10%, or less than 1%
Oolong tea concentrates and extracts	The product is standardized according to the total sum of polyphenols (from 40%) and caffeine not less than 6%
Jasmine tea concentrates and extracts	The product is standardized according to the total sum of polyphenols (from 15%) and caffeine from 5%
Japanese tea matcha	The product is standardized according to the total sum of polyphenols (from 20%), caffeine and theanine content